

Starling Staff:

Please park your car in the staff parking area, get your child settled in his or her classroom, use the restroom and take care of other necessities **before you clock in to work.**

Thank you,

Starling Management

(initials)

Teaching Associates

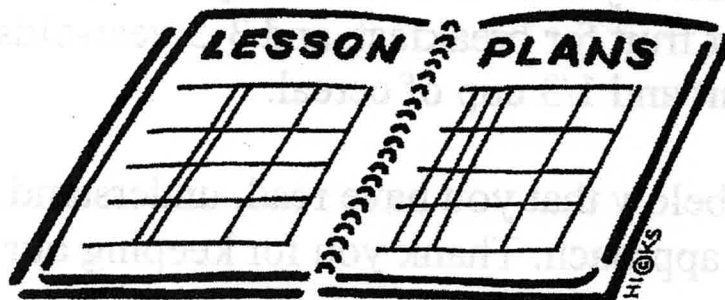
Lesson Plans

Must be submitted to me personally on Thursday for the following week.

Thank you,

Ms. Donna

Employee Signature: _____



MEMO

Re: Unnecessary Food Waste



Dear Staff,

I have noticed the unnecessary wasting of literally entire plates of food.

I have attached the components and quantities required by the USDA for healthy eating. Underfeeding and overfeeding children are both harmful (see the attached article on childhood obesity).

Please use the attached guidelines when spooning out quantities to your children.

Also practice encouraging children to eat all components. Tell them they can have a 2nd donut when they finished their $\frac{1}{4}$ to $\frac{1}{2}$ cup of fruit. Note that 2-year-olds should only be served $\frac{1}{4}$ cup of cereal and $\frac{1}{4}$ cup of fruit for breakfast, and 3-5 year-olds should be served $\frac{1}{2}$ cup of fruit and $\frac{1}{3}$ cup of cereal.

Please sign below that you have read, understand, and agree to use this healthy approach. Thank you for keeping our children healthy!

Sincerely,

Ms. Donna

Employee Signature: _____

